

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (currently amended): A method for regulating autonomic nerve activity by increasing an ECG R-R interval in a person in need thereof, comprising administering by inhalation a composition comprising a sesquiterpene alcohol selected from the group consisting of cedrol, cedrenol, globulol and a mixture thereof to said person in an amount effective for regulating autonomic nerve activity, wherein said composition has ~~an~~ no odor below above a detectable threshold.

Claim 2 (previously presented): The method claimed in Claim 1, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

Claim 3 (canceled):

Claim 4 (previously presented): The method claimed in Claim 1, wherein the sesquiterpene alcohol is cedrol.

Claim 5 (original): The method claimed in Claim 4, wherein the cedrol is at least 97% pure.

Claims 6-7 (cancelled)

Claim 8 (previously presented): The method claimed in Claim 1, wherein the sesquiterpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

Claims 9-11 (cancelled)

Claim 12 (original) The method claimed in Claim 1, wherein the composition is administered by spraying onto a bedding or a wall covering.

Claim 13 (previously presented): The method claimed in Claim 1, wherein the composition is administered to a plurality of persons by dispersing said composition in a space.

Claim 14 (previously presented): The method claimed in Claim 1, wherein the composition is administered by wearing a mask, wherein said mask comprises a heating element, a hot steam generating element and the sesquiterpene alcohol.

Claims 15-19 (cancelled)

Claim 20 (withdrawn-currently amended): A vaporization system comprising a vaporization promoting element selected from the group consisting of a heat generating source, hot steam, ultrasonic waves, negative ions, and combinations thereof, a carrier, and a composition comprising a sesquiterpene alcohol selected from the group consisting of cedrol, cedrenol, globulol and a mixture thereof wherein said composition has ~~an~~ no odor ~~below~~ above a detectable threshold.

Claims 21-22 (canceled):

Claim 23 (currently amended): A method for regulating autonomic nerve activity by decreasing systolic blood pressure in a person in need thereof, comprising administering by inhalation a composition comprising a sesquiterpene alcohol selected from the group consisting of cedrol, cedrenol, globulol and a mixture thereof to said person in an amount effective for regulating autonomic nerve activity, wherein said composition has ~~an~~ no odor below above a detectable threshold.

Claim 24 (previously presented): The method claimed in claim 23, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

Claim 25 (canceled):

Claim 26 (previously presented): The method claimed in claim 23, wherein the sesquiterpene alcohol is cedrol.

Claim 27 (previously presented): The method claimed in claim 26, wherein the cedrol is at least 97% pure.

Claim 28 (previously presented): The method claimed in claim 23, wherein the sesquiterpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

Claim 29 (previously presented): The method claimed in claim 23, wherein the composition is administered by spraying onto a bedding or a wall covering.

Claim 30 (previously presented): The method claimed in claim 23, wherein the composition is administered to a plurality of persons by dispersing said composition in a space.

Claim 31 (previously presented): The method claimed in claim 23, wherein the composition is administered by wearing a mask, wherein said mask comprises a heating element, a hot steam generating element and the composition comprising said sesquiterpene alcohol.

Claims 32-33 (canceled)

Claim 34 (currently amended): A method for regulating autonomic nerve activity by decreasing diastolic blood pressure in a person in need thereof, comprising administering by inhalation a composition comprising a sesquiterpene alcohol selected from the group consisting of cedrol, cedrenol, globulol and a mixture thereof to said person in an amount effective for regulating autonomic nerve activity, wherein said composition has ~~an~~ no odor below above a detectable threshold.

Claim 35 (previously presented): The method claimed in claim 34, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

Claim 36 (canceled):

Claim 37 (previously presented): The method claimed in claim 34, wherein the sesquiterpene alcohol is cedrol.

Claim 38 (previously presented): The method claimed in claim 37, wherein the cedrol is at least 97% pure.

Claim 39 (previously presented): The method claimed in claim 34, wherein the sesquiterpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

Claim 40 (previously presented): The method claimed in claim 34, wherein the composition is administered by spraying onto a bedding or a wall covering.

Claim 41 (previously presented): The method claimed in claim 34, wherein the composition is administered to a plurality of persons by dispersing said composition in a space.

Claim 42 (previously presented): The method claimed in claim 34, wherein the composition is administered by wearing a mask, wherein said mask comprises a heating element, a hot steam generating element and the terpene alcohol.

Claims 43-44 (canceled):